

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 340289

Course Name: 8th Grade Integrated Health & Physical Education

Grade level: 8

Upon course completion students should be able to:



Standards

HEALTH

Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 8.1.1. Explain why using alcohol or other drugs is an unhealthy way to manage stress and describe the relationship between using alcohol and other drugs with other health risks.
- 8.1.2. Explain the relationship between access to healthy foods and personal food choices and identify healthy and risky approaches to weight management.
- 8.1.3. Explain the causes, symptoms and effects of depression, anxiety and common eating disorders. 8.1.4. Explain the benefits of living in a diverse society.
- 8.1.5. Differentiate healthy and unhealthy relationships.
- 8.1.6. Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases and summarize health practices to prevent the spread of disease.
- 8.1.7. Explain climate-related physical conditions that affect personal safety.
- 8.1.8. Describe first response procedures needed to treat injuries and other emergencies.
- 8.1.9. Describe the factors that contribute to and that protect against engaging in sexual behavior and explain the importance of setting personal limits to avoid sexual risk behaviors.
- 8.1.10. Describe usual signs and symptoms of common STDs.
- 8.1.11. Describe situations that could lead to the use of tobacco and explain reasons most individuals do not use tobacco products.
- 8.1.12. Describe how power and control differences in relationships can contribute to aggression and violence and describe how prejudice, discrimination and bias can lead to violence.
- 8.1.13. Explain that rape and sexual assault should be reported to a trusted adult.

Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 8.2.1. Examine how school rules, public health policies and laws can influence personal health and behaviors.
- 8.2.2. Evaluate prevention strategies that reduce health risk behaviors and explain the influence these strategies have on personal choices.

Standard 3

Access valid information, products and services to enhance health.

- 8.3.1. Explain health-related situations that call for professional prevention or intervention services.
- 8.3.2. Investigate and analyze valid and reliable health-related products and services.

Kentucky Department of Education

Standards

- 8.3.3. Locate and access valid and reliable personal health and wellness information from home, school or the community.

Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 8.4.1. Apply effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors/relationships.
- 8.4.2. Demonstrate how to ask for assistance to enhance the health of self and others.
- 8.4.3. Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- 8.4.4. Demonstrate effective conflict management and/or resolution strategies.

Standard 5

Use decision-making skills to enhance healthy behaviors.

- 8.5.1. Predict when health-related situations require the application of a thoughtful decision-making process.
- 8.5.2. Analyze healthy options when making a decision about health-related issues or problems.
- 8.5.3. Apply a decision-making process to avoid or refuse healthy and/or unhealthy behaviors.

Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 8.6.1. Apply strategies and skills needed to attain personal health goals.
- 8.6.2. Explain how personal health goals can vary with changing abilities, priorities and responsibilities.
- 8.6.3. Set and implement a goal that maintains or improves personal health and/or wellness-related behavior.

Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 8.7.1. Analyze and explain personal health practices and behaviors that reduce or prevent health risks.
- 8.7.2. Defend the importance of demonstrating healthy practices and behaviors to improve the health and wellness of self and others.

Standard 8

Advocate for personal, family and community health.

- 8.8.1. Propose a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others.
- 8.8.2. Design an advocacy campaign to influence and support others to make behavior choices to improve personal health and wellness.

PHYSICAL EDUCATION

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Combinations of Movement Patterns and Skills

Kentucky Department of Education

Standards

- 8.1.MP. Apply advanced movement concepts, principles, strategies and tactics when learning and performing physical activities.
- 8.1.MP. Demonstrate refined and combined motor skills in a variety of games and activities.
- 8.1.MP. Perform controlled movements incorporating strategy in game-like situations.

Manipulative Skills

- 8.1.MS1. Apply locomotor, non-locomotor and manipulative skills while using appropriate performance cues in game-like situations.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance

Combinations of Movement Concepts

- 8.2.MC1. Demonstrate how movement concepts, principles and game strategies and critical elements of activity-specific movement skills represent skilled performance.
- 8.2.MC2. Demonstrate how motor skills and techniques are refined, combined and varied in specialized skilled performance.

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge and Engagement

- 8.3.PA1. Evaluate the physical, social and mental/emotional benefits of being physically active.
- 8.3.PA2. Use available technology to self-monitor physical activity and adjust activities based on current fitness level.

Physical Fitness Knowledge

- 8.3.PF1. Apply the FITT principle to prepare a personal workout based on current fitness goals.

Nutrition

- 8.3.N1. Describe the relationship between poor nutrition and health risk factors.

Stress Management

- 8.3.SM1. Explain how physical activity helps with stress reduction.

Kentucky Department of Education

Standards

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 8.4.SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

Rules and Etiquette

- 8.4.RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities.
- 8.4.RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict.

Safety

- 8.4.SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 8.5.H1. Evaluate how personal physical, emotional/mental and social benefits gained from regular participation in physical activities support the goals of a healthy lifestyle.

Challenge

- 8.5.C1. Develop a plan of action when faced with individual challenges during physical activities that will contribute to a healthy lifestyle.

Self-Expression and Enjoyment

- 8.5.SE1. Analyze the impact of intrinsic and extrinsic motivation levels when participating in physical activity.

Social Interaction

- 8.5.SI1. Demonstrate respect for self and others by asking for help and/or helping others in various activities

Advocacy

- 8.5.A1. Collaborate with others to advocate for individuals, families and schools to be physically active